

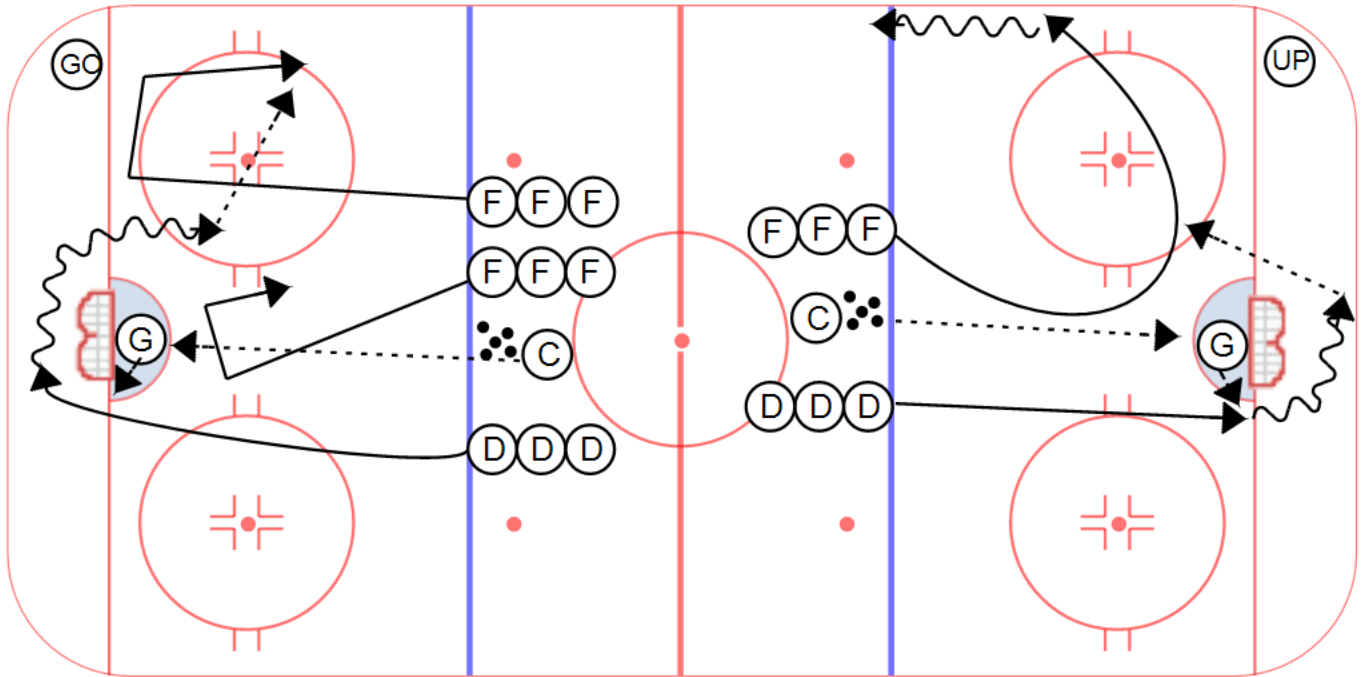
Category #1 : COACHES MANUAL

Title : UP, GO, D to D

Category #2 : BREAKOUT OPTIONS

Content elements :

Components:



Key points :

COMMUNICATION

HARD ACCURATE
PASSING

FORWARDS SKATE
INSIDE OUT

STICK ON THE ICE

Description

UP:

- Coach will shoot the puck on the goaltender who will place the puck for the defenseman wheeling hard around the net. The defenseman will then quickly turn the puck up and pass it to the first forward swinging inside out on the wall. A second forward can be added to swing through the slot for a second option. Return the puck to the coach.

GO:

- Very similar to the UP breakout, but the defenseman will skate with the puck gaining ice through the middle before making a pass to either option.

D to D:

- Add in a second defenseman and dump the puck into a corner. Defenseman retrieves and executes a D to D pass behind the net setting up the break out on the weak side of the ice. Forwards must react to the breakout.

Progression: Have players circle outside the blue line and attach either 1 vs 1 or 2 vs 1 or 2 vs 2